

Food Safety Education for High Risk Families: Pregnant Women, Infants, and Children

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Target Population

- Pregnant women, infants, and children under 5 years old
- Low-income families
- High risk due to
 - increased vulnerability
 - Possible lack of access to available resources
- WIC directors and participants included

Research Methodology

- Food safety education needs assessment by
 - Survey of local and state WIC directors
 - Priorities for food safety education
 - Current and preferred education methods
 - WIC directors' focus groups
 - Focus groups of WIC participants
 - Diverse racial/ethnic groups in English and Spanish
 - Questions on home food preparation, food storage, food handling practices, preferred education materials

Development of “Food Safety for Families” videotapes

- Diverse racial/ethnic characters included
- Separate videotapes produced in English and Spanish
- Topics covered
 - Clean, Separate, Cook and Chill
 - General food preparation and handling of food for infants and children

Development of a resource CD-ROM

- As supplement to the videotapes
- Reference materials for educators
- Lesson plans for counselors
- Materials for clients
 - Games
 - Food safety individual games
 - Food safety group games
 - Activities
 - Handouts
 - Brochures

Reference Materials for Educators

- [Consumer Food Safety Facts.pdf](#)
- [Online Resources.pdf](#)

Lesson Plans for Counselors

- [FS Checkup Worksheet English.pdf](#)
- [FS Checkup Worksheet Spanish.pdf](#)
- [FS Checkup Answers English.pdf](#)
- [FS Checkup Answers Spanish.pdf](#)
- [Food Safety Bingo English.pdf](#)
- [Food Safety Bingo Spanish.pdf](#)
- [Lesson Plan 1 for Video.pdf](#)
- [Lesson Plan 2 for Video.pdf](#)



Reference Materials for Clients

- **Games**
 - ***Food Safety Individual Games***
 - [Crossword English.pdf](#)
 - [Crossword English Answers.pdf](#)
 - [Crossword Spanish.pdf](#)



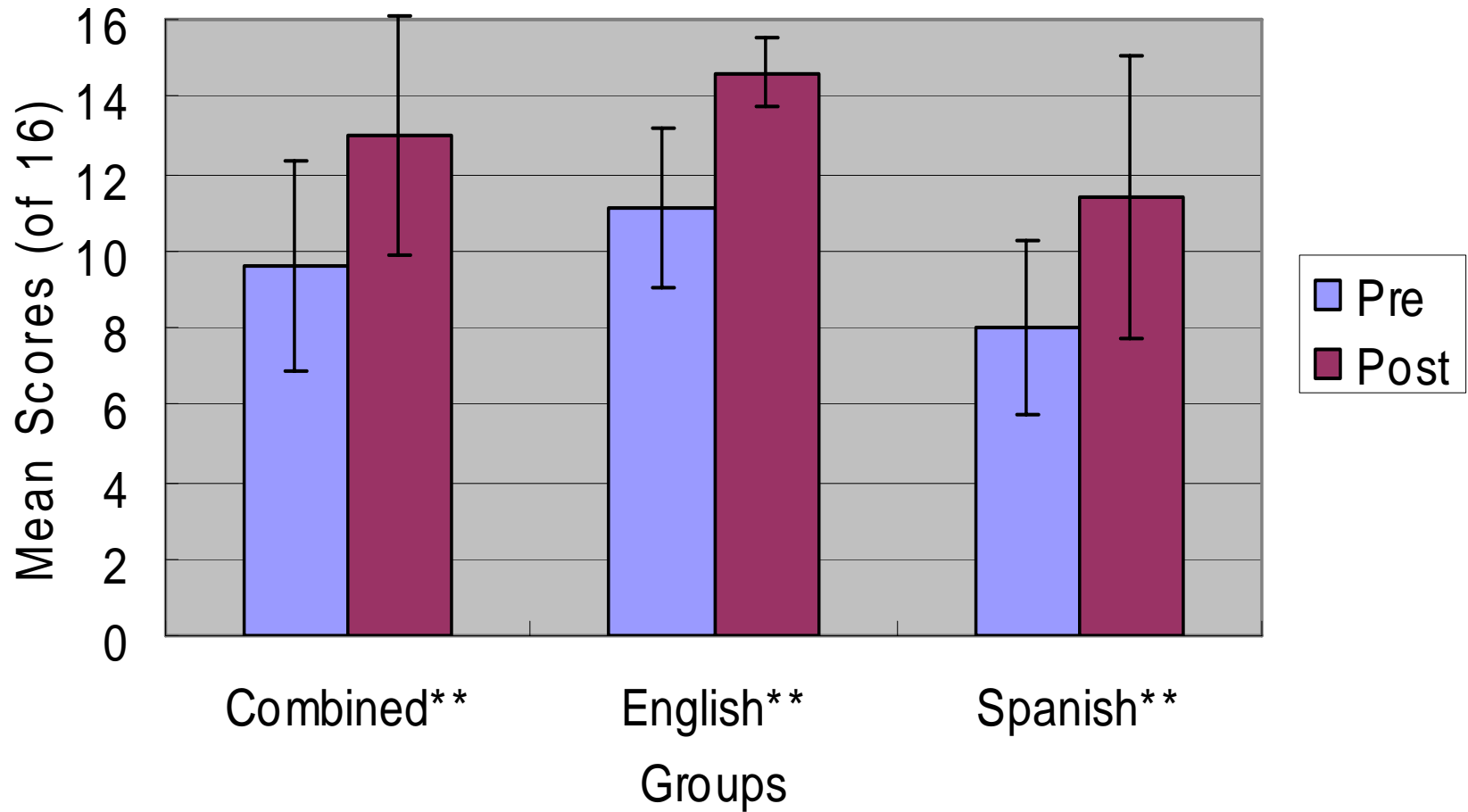
Field Test of Videotapes

- 71 participants
 - 37 reviewed the English version
 - 34 reviewed the Spanish version
- Pre- and post-test results evaluated using paired-sample t-tests
- Both groups improved food safety knowledge after viewing the videotapes

Test Contents

- Of total 16 questions
 - Identifying causes of FBI, unsafe food, S/S of FBI, and at-risk population (4 Qs)
 - When and how to wash hands (2 Qs)
 - Making and using sanitizing solution (2 Qs)
 - Proper cooking and reheating (2 Qs)
 - Correct thawing, storing, and fridge temp (3 Qs)
 - Infant and child food handling (3 Qs)

Field Test Results



Results from paired-sample t-tests

** $P < 0.001$

Dissemination

- Complete sets (English and Spanish videotapes and resource CD-ROM) sent to 50 state WIC directors with permission to duplicate
- Education materials marketed and sold at cost through
 - State professional meetings
 - County extension offices
 - Curriculum center at another university
 - Approximately 100 videotapes and 50 CDs sold for group education purposes